THE RECOVERY KERNEL

DISCONTINUANCE PROTOCOL: METHEDRONE

4-Methoxymethcathinone (bk-PMMA) — With Special Attention to Polypharmacy.

The Guide That Exists Because Stopping Safely Depends on Everything Else You're Taking, Not Just the Methedrone Itself.

⚠ RESURSOS PARA REDUCCIÓN DE DAÑOS — NO ES UN CONSEJO MÉDICO | Crisis: llama al 000 o envía un mensaje de texto al 13 11 14.

Most of this series addresses one substance at a time because most withdrawal risk arises from one substance at a time. Methedrone is different in one specific way: its serotonergic and mild reversible MAO-inhibiting mechanism means the single most dangerous moment in a methedrone discontinuance often isn't the withdrawal itself — it's an uncoordinated interaction with something else already in the person's system, prescribed or otherwise. This guide treats that as the central organizing fact, not a footnote.

Section 0 — Immediate Safety: Read This First

🚨 EMERGENZA MEDICA

IF YOU HAVE TAKEN METHEDRONE WHILE ALSO ON AN SSRI, SNRI, MAOI, TRAMADOL, DEXTROMETHORPHAN, TRIPTANS, ST. JOHN'S WORT, OR ANY OTHER SEROTONERGIC MEDICATION OR SUPPLEMENT — OR RECENTLY DISCONTINUED ONE OF THESE — WATCH CLOSELY FOR SEROTONIN SYNDROME. IT CAN DEVELOP WITHIN HOURS AND PROGRESS RAPIDLY. CALL 000 OR GO TO AN EMERGENCY DEPARTMENT FOR: AGITATION OR CONFUSION, RAPID HEART RATE, HIGH BLOOD PRESSURE, DILATED PUPILS, HEAVY SWEATING, MUSCLE TWITCHING OR RIGIDITY, DIARRHEA, AND FEVER — ESPECIALLY IN COMBINATION.

Serotonin syndrome triad, explained simply:

* **Agitation**
* **Muscle rigidity**
* **Hyperthermia**

- Alterações no estado mental — agitação, confusão, inquietação.
- Instabilidade autonômica — febre, frequência cardíaca acelerada, pressão alta, sudorese, diarreia.
- Problemas neuromusculares: temblor, rigidez muscular, espasmos musculares (mioclonías), reflejos exagerados, pérdida de coordinación.

Any combination of these after methedrone use, especially alongside another serotonergic substance, is an emergency. Tell emergency responders specifically which substances and medications were involved — this materially changes treatment.

⚠ CAUTION

This guide will not provide a home tapering schedule, dosing reduction plan, or administration guidance for methedrone. No established clinical taper protocol exists for this compound, and given the interaction risks covered throughout this guide, attempting a self-directed reduction plan without medical involvement is genuinely more dangerous here than with many other

substances in this series. What this guide provides instead is the framework for getting the right medical support and understanding what your body and brain are going through.

Section 1 — Why Polypharmacy Is the Central Issue Here

THE CENTURION — The Mechanism That Makes Combinations Dangerous

Methedrone is a potent serotonin and norepinephrine transporter inhibitor and releaser, with documented weak, reversible monoamine oxidase inhibitor (MAOI) activity. On its own, this shapes its subjective effects and its withdrawal pattern. Combined with anything else that raises serotonergic tone — an SSRI or SNRI antidepressant, an MAOI (prescribed or otherwise), tramadol, dextromethorphan, triptans, St. John's Wort, or another serotonergic drug of any kind — the risk is not additive, it is synergistic. This is the same mechanism behind MDMA-and-SSRI warnings, amplified by methedrone's own mild MAOI activity and its unusually long elimination half-life, which keeps that activity present in the system lasts longer than most similar cathinones.

This is why 'polypharmacy' in this guide doesn't only mean multiple recreational substances — it centrally includes prescribed antidepressants, other prescription medications, and supplements. A conversation about stopping methedrone that doesn't include a full accounting of everything else in the person's system is an incomplete conversation, and with this compound specifically, an incomplete conversation carries real risk.

Section 2 — The Withdrawal Timeline

THE CENTURION — Why This Runs Longer Than a Typical Cathinone Crash

Methedrone's elimination half-life (pharmacological estimates place it at roughly a full day) is substantially longer than mephedrone or methylone. That means both the acute comedown and the early withdrawal window are typically slower to arrive and slower to resolve than the sharp, fast crash associated with faster-clearing cathinones.

Phase	Typical Window	What's happening?
Acute comedown.	12–48 hours after last use.	Fatigue, low mood, irritability — these can appear later than with stimulants that clear from your system more quickly, due to their longer half-life.
Early withdrawal.	Days 2–10	Uhdinutuneisuus, kyvyttömyys nauttia asioista, unen häiriöt, ahdistus, ruokahalun muutokset – usein litteämpi ja masentuneempi luonne kuin dopamiinihallitsevissa stimuloivissa aineiden vieroitusoireissa.
Stabilization.	Weeks 2–6	Gradual normalisation of sleep and appetite; mood remains fragile.
PAWS	Months 1–12	Intermittent low mood, cognitive fog, and cravings may occur as the serotonin and dopamine systems continue to rebuild.

Section 3 — How Long Until Things Feel Normal Again

For occasional or experimental use, most people see acute symptoms resolve within one to two weeks. For sustained or frequent use, the central recovery phase — the window in which mood, sleep, and cognition still feel notably 'off' between good stretches — typically runs 4 to 12 weeks, with intermittent PAWS episodes possible for up to a year. If antidepressant medication is part of the picture, the timeline for feeling stable also depends on how that medication question gets resolved (Section 6) — which is one more reason not to make that call without a physician.

BEING HEARD

If you're a month or two into recovery and still experiencing difficult periods, it doesn't mean your recovery is failing. A compound that affects serotonin so strongly and has such a long clearance time puts significant strain on the nervous system. These fluctuations are normal and expected, not signs of something going wrong.

Section 4 — What You'll Most Likely Experience

- A flatter, more depressive quality to early withdrawal than a purely dopaminergic stimulant crash — consistent with the serotonergic mechanism.
- Sleep that is difficult to re-establish, sometimes accompanied by vivid or disturbed dreams as serotonin levels return to normal.
- Episodios de bajo ánimo o ansiedad que pueden sentirse desproporcionados en relación con lo que está sucediendo a tu alrededor: un patrón de abstinencia post-adicción (PAWS) documentado, no una señal de una nueva condición independiente.
- If you were also using other substances (see Section 6), withdrawal from methedrone may be harder to distinguish from withdrawal or rebound effects from those other substances — another reason why a coordinated medical assessment is more important here than in a guide focused on a single substance.

Section 5 — Genetic Cross-Reference

Gene / Variant	Relevance to Discontinuance
CYP2D6	People who are poor metabolizers process methadrone and its byproducts more slowly, which means the risk of serotonin-related and MAOI-related interactions might last longer after the last dose than typically expected.
SLC6A4 (5-HTTLPR)	Shapes both the severity of serotonergic withdrawal symptoms and individual sensitivity to serotonin syndrome risk when combinations occur.
MAOA (uVNTR)	Baseline monoamine oxidase activity affects how much additional serotonergic load — from methedrone's own residual MAOI effect or from co-used substances — the system is already managing.
COMT (Val158Met)	Regulates the dopaminergic aspects of withdrawal and determines the structure of the natural reward system needed after recovery

Gene / Variant	Relevance to Discontinuance
	—see the accompanying Recovery Guide, Section 6.

⚠ CAUTION

If you know your CYP2D6 status and are a poor or intermediate metabolizer, be sure to tell any doctor who's stopping your medication or looking at your prescriptions – it affects how long the risk of interactions lasts.

Section 6 — Polypharmacy: The Combinations That Matter Most.

Deze sectie is de reden waarom deze handleiding een apart document is en geen enkel paragraaf in de hoofdhandleiding voor herstel. Elke van de volgende situaties verandert wat een veilige stopzetting daadwerkelijk vereist.

6.1 — Prescribed SSRIs, SNRIs, or Other Antidepressants.

⚠ CAUTION

This is the single most common and most important polypharmacy situation with methedrone. If you are prescribed an antidepressant and have also been using methedrone, do not make any unilateral decision about either substance — stopping methedrone abruptly is one change; stopping or adjusting an antidepressant abruptly is a separate change with its own discontinuation syndrome risk. Making both changes at once, without medical coordination, is how people end up with either an unmanaged serotonergic interaction or an unmanaged antidepressant discontinuation syndrome layered on top of methedrone withdrawal.

The right move is disclosure, not self-management: tell your prescriber that you have been using methedrone, including how recently. This is uncomfortable to say, and it is exactly the information a prescriber needs to manage your medication safely through this window — including whether any temporary adjustment, monitoring period, or specific timeline is warranted before resuming or continuing serotonergic medication.

6.2 — Other Stimulants or Cathinones (Chemsex and Polydrug Contexts)

Methedrone is sometimes used alongside other cathinones, methamphetamine, or GHB in chemsex or party contexts. Each additional stimulant or CNS-active substance adds cardiovascular and psychiatric risk independent of the serotonergic question above. If this describes your pattern, the Recovery Kernel's Methamphetamine and GHB discontinuance guides in this series address those substances' specific withdrawal risks directly — read the relevant companion guide(s) alongside this one rather than treating methedrone as the only variable.

6.3 — Alcohol and Benzodiazepines

Co-use of alcohol or benzodiazepines can mask early withdrawal or serotonergic warning signs, delaying recognition of a developing emergency. If either is part of your pattern, mention this explicitly to any physician involved — benzodiazepine dependence in particular has its own discontinuation risks that must be managed on its own timeline, not

folded silently into a methedrone conversation. See this series' Benzodiazepine Forced Discontinuance guide if relevant.

6.4 — MAOIs (Prescribed or Otherwise)

🚨 MEDICAL EMERGENCY

COMBINING METHEDRONE WITH A PRESCRIBED MAOI (SUCH AS PHENELZINE, TRANYLCYPROMINE, OR SELEGILINE) IS A SEVERE AND POTENTIALLY LIFE-THREATENING COMBINATION. IF THIS APPLIES TO YOU, THIS IS NOT A SITUATION FOR THIS GUIDE, A TAPER PLAN, OR SELF-MANAGEMENT OF ANY KIND. CONTACT YOUR PRESCRIBING PHYSICIAN IMMEDIATELY AND DISCLOSE THE METHEDRONE USE, OR SEEK EMERGENCY CARE IF ANY SEROTONIN SYNDROME SIGNS FROM SECTION 0 ARE PRESENT.

Section 7 — Use Pattern Classification

What a safe discontinuation requires depends heavily on how methedrone has actually been used — not every situation here needs the same level of medical involvement, though the polypharmacy considerations in Section 6 apply regardless of level.

Level	Pattern	What This Guide Recommends
1 — Experimental	A few isolated instances, with no other serotonergic substances involved.	Consult a doctor if any worrying symptoms appear; otherwise, the biological-reconstruction sections in the Recovery Guide are adequate.
2 — Occasional	Occasional recreational use, usually associated with social gatherings or events.	Same as above, with closer attention to Section 6 if any co-used substances are part of the pattern
3 — Regular/Escalating	L'uso è diventato più frequente o di maggiore importanza nel tempo.	Consultation with a doctor is recommended before discontinuing the medication, particularly to assess potential interactions with other medications you may be taking.
4 — Dependent / Polydrug	Frequent use, often alongside other stimulants, GHB, or serotonergic medications.	Supervisión médica altamente recomendada; no se deben coordinar múltiples interrupciones simultáneas sin consultar a un médico.

Section 8 — The Medical Detox Protocol

This section exists to help you or someone supporting you advocate for the right care. There is no FDA-approved medication for methedrone or synthetic cathinone withdrawal, and — unlike opioids or alcohol — there is no standardized detox protocol specific to this compound. That makes the physician's full picture of everything else in your system (Section 6) the most important input into what a safe plan actually looks like for you specifically.

⚠ CAUTION

This guide will not walk through specific tapering doses, timing, or administration guidance for methedrone or for any medication used to manage its discontinuance — that is precisely the gap between 'a mechanism is understood' and 'this is safe to do yourself, unsupervised,' and it

is where people get hurt. A physician or addiction medicine specialist, working from your actual medication list and use history, is the right source for that level of specificity.

What to bring to that appointment:
* **Your referral form**
* **A list of your current medications, including dosages**
* **Any relevant medical records**
* **Your Medicare card**
* **Photo ID**

- A full list of everything taken – prescribed, over-the-counter, and recreational – including the approximate time of last use for each.
- Cette section 5 du guide fournit une référence génétique croisée, si vous avez des résultats de tests pertinents.
- Have you noticed any serotonin syndrome symptoms while using it, even if they were mild or brief? These details are valuable for assessing the risks.
- Okay, I understand. My goal is to provide translations that are accurate, complete, and adhere strictly to the provided rules and guidelines, focusing solely on translating the given text into Australian English.

Section 9 — The Recovery Protocol (Post-Acute)

This section begins once any acute medical concern (Section 0) has resolved and, where applicable, a physician has reviewed your full medication and substance picture.

Tier 1 — Biological Foundation

- 5-MTHF (active folate) — supports methylation-dependent neurotransmitter synthesis broadly.
- Magnesium glycinate — supports sleep and general nervous system regulation; low interaction risk.
- Omega-3 (EPA/DHA) — provides general support for neuroinflammation and has a well-established safety profile.
- Consistent protein intake and regular meal timing — supports neurotransmitter synthesis and blood sugar stability, both relevant to mood stability in early recovery.

Tier 2 — Medical and Psychiatric Support

Any medication decisions here—including whether or when to (re)introduce an antidepressant, or whether one already in use needs review—belong to the physician conversation from Section 8, not to self-directed supplementation. This tier is intentionally left to that conversation rather than listed generically here, precisely because of the interaction considerations this entire guide has emphasized.

Tier 3 — Nervous System Regulation

- Quotidienne pratique de respiration — absolument essentielle compte tenu du délai prolongé mentionné dans la section 2.

- Regular aerobic exercise, introduced gradually — supports both dopaminergic and serotonergic recovery.
- Regelmäßige Schlaf- und Wachzeiten, auch wenn die Schlafqualität noch schlecht ist.
- Connection and disclosure — isolation and secrecy surrounding the issue of taking multiple medications (polypharmacy) are risk factors, not just general obstacles to recovery.

Section 10 — Emergency Recognition, Restated

MEDICAL EMERGENCY

GO TO AN EMERGENCY DEPARTMENT IMMEDIATELY FOR: agitation or confusion, rapid heartbeat, high blood pressure, dilated pupils, heavy sweating, muscle twitching or rigidity, diarrhea, and fever — especially in combination, and especially if any serotonergic medication or substance was used alongside methedrone. This applies throughout use and for at least several days after last use, given methedrone's longer clearance time. For low mood, fatigue, and sleep disruption without any of the above — these are expected per the timeline in Section 2, and same-day contact with a physician is appropriate, but this is not an ER-level emergency on its own.

Section 11 — Full Protocol Cross-Reference Map

If This Applies to You	See.
General methadone recovery biology and genetics.	Recovery Kernel — How to Recover from Methedrone (companion guide)
Co-use of methamphetamine.	Recovery Kernel — Discontinuance Protocol: Methamphetamine
Co-use of GHB/GBL/1,4-BD.	Recovery Kernel — Discontinuance Protocol: GHB
Co-use of benzodiazepines	Recovery Kernel — Forced Discontinuance: Benzodiazepines
Sleep rebuilding.	Main Compendium — Protocol 09, Sleep Architecture
Redesign ambiental / reducción del acceso.	Main Compendium — Protocol 05
Framework for addressing substance use issues.	Main Compendium — Protocol 28 (C-28)

Section 12 — Closing

SANCTUARY

The thing that makes methedrone discontinuance genuinely different from most of this series isn't that the withdrawal itself is unusually severe — it's that getting it right depends on an honest, complete conversation about everything else in your system, prescribed or otherwise. That conversation can feel like the hardest part. It is also the single most protective thing you can do here. A physician who has the full picture can help you through this safely. One working

from a partial picture can't — not because they aren't capable, but because the information that changes the plan simply isn't in front. of them yet.

END OF GUIDE — DISCONTINUANCE PROTOCOL: METHEDRONE

Harm Reduction Resource — Not Medical Advice — Not a Substitute for Emergency Care.

Crisis Resources: 988 (Suicide & Crisis Lifeline, call or text) | Crisis Text: HOME to 741741 | SAMHSA: 1-800-662-4357